



You start with both feet on you oponents hips controlling his arms.



You then on one side shift your leg to the outside of his leg locking it in.



You cross the leg in front of your opponents other leg.



You then "give" his right hand to your other hand, and lean back.



Now you reach for the inside of his leg And throw your own leg up.



You then quickly turn to your other side gaining momentum with your leg.



You flip your oponent over. Keep control of his back with your arms.



You're opponent is now on his back and the ground fight can continue from here.